

# Culinary Care

There are things to consider during meal time with your loved one affected by Alzheimer's disease and dementia. Here at Sagora Senior Living, every aspect of meal time is choreographed for their comfort and enjoyment. Below are a few tips you can use during meal time at home. Also, see how Sagora Senior Living, Memory Care makes meal time a joy for our residents.

## What to consider

Here are four things to consider during meal time with a loved one who exhibits signs of Alzheimer's disease and dementia.

### 4 Main Focus Points

#### Schedule

Regular, nutritious meals may become a challenge for people with dementia. They may become overwhelmed with too many food choices, forget to eat or have difficulty using utensils. In some circumstances, adaptive devices like plate guards and special utensils, can be used to assist.

#### Nutrition

Proper nutrition is important to keep the body strong and healthy. For a person with any form of dementia, poor nutrition may increase behavioral symptoms and cause weight loss.

#### Hydration

Staying hydrated may be a problem as well. Encourage drinking by offering plenty of water and other beverages throughout the day or foods with high water content, such as fruit or soup.

#### Their food preferences

Take into consideration the food selections they prefer and pay attention to their feedback on taste.

## Assistance in meal service

When providing assistance during meal service, the goal is to encourage independence and maintain dignity.

#### Verbal cues and physical prompting

A series of verbal cues can be beneficial during meal time. Once a meal time is established, it is important to stick to that schedule every day.

#### Hand over hand

The goal is to maintain independence. If needed, provide cues or prompts as needed for your loved one to hold a needed utensil. Help guide the utensil to their mouth if needed.

Those requiring more assistance may need you to hold the utensil while encouraging them to hold on to the your wrist as the utensil is raised to their mouth. With verbal cues and physical prompting, they will anticipate the food or beverage being offered.

## Sagora Pathways Freshen Program

Here at Sagora Senior Living, we offer the Sagora Pathways Freshen Program, which includes scent and comfort triggers for appetite, and is a luxurious cue to prepare for meal time. The routine of the Freshen Program before every meal is not only a wonderful sensory experience, but it helps with calming anxiety because the residents know it is meal time.



Towels with essential oils with aromas that trigger hunger are prepared before meal time.



Towels are heated in warmers to be delivered to your loved ones.



Rollled, warm towels are served on a silver platter using silver tongs.



Towels are lightly waved and cooled to the optimal temperature while being served.



Towels are washed immediately after use. Residents can participate in washing and folding if they would like to engage in this activity.

## Dining with GRACE

Great food • Respect • Atmosphere  
Chef-prepared • Every meal every day

We incorporate our Dining with GRACE program here at Sagora Senior Living during meal time.

From atmosphere to service, all of the focuses are thoughtfully choreographed for comfort. Here is a snapshot of some of the practices we incorporate during meal time with your loved one. This can be implemented at home, as well.

### Atmosphere

Conversation is resident-centered.

Lighting is correct for the time of day.

Appropriate music is playing for ambiance.

### Service

Provide choices for every aspect of dining from beverages to courses.

It is okay for residents to choose to mix their food in various ways.

People eat at different speeds, so no one should ever feel rushed.

We're here to help.

We are here to guide and educate you through the transitions of Alzheimer's and dementia. Our Dining with GRACE program allows our residents to be served by course and make each choice for themselves. There are many things to consider during meal time. Stop by one of our Memory Care communities or call today to find answers and solutions with our Memory Care specialists.